

E-Blurb

Friends and family can be active and vital participants in diabetes self-management, helping their loved ones learn and remember key diabetes tips to help manage their disease. Health care professionals can and should engage members of their patients' social support network in promoting self-management. Download the National Diabetes Education Program's (NDEP) "[Tips for Helping a Person with Diabetes](#)" and other materials from www.ndep.nih.gov or call 1-800-438-5383 to order hard copies or printer-ready files.